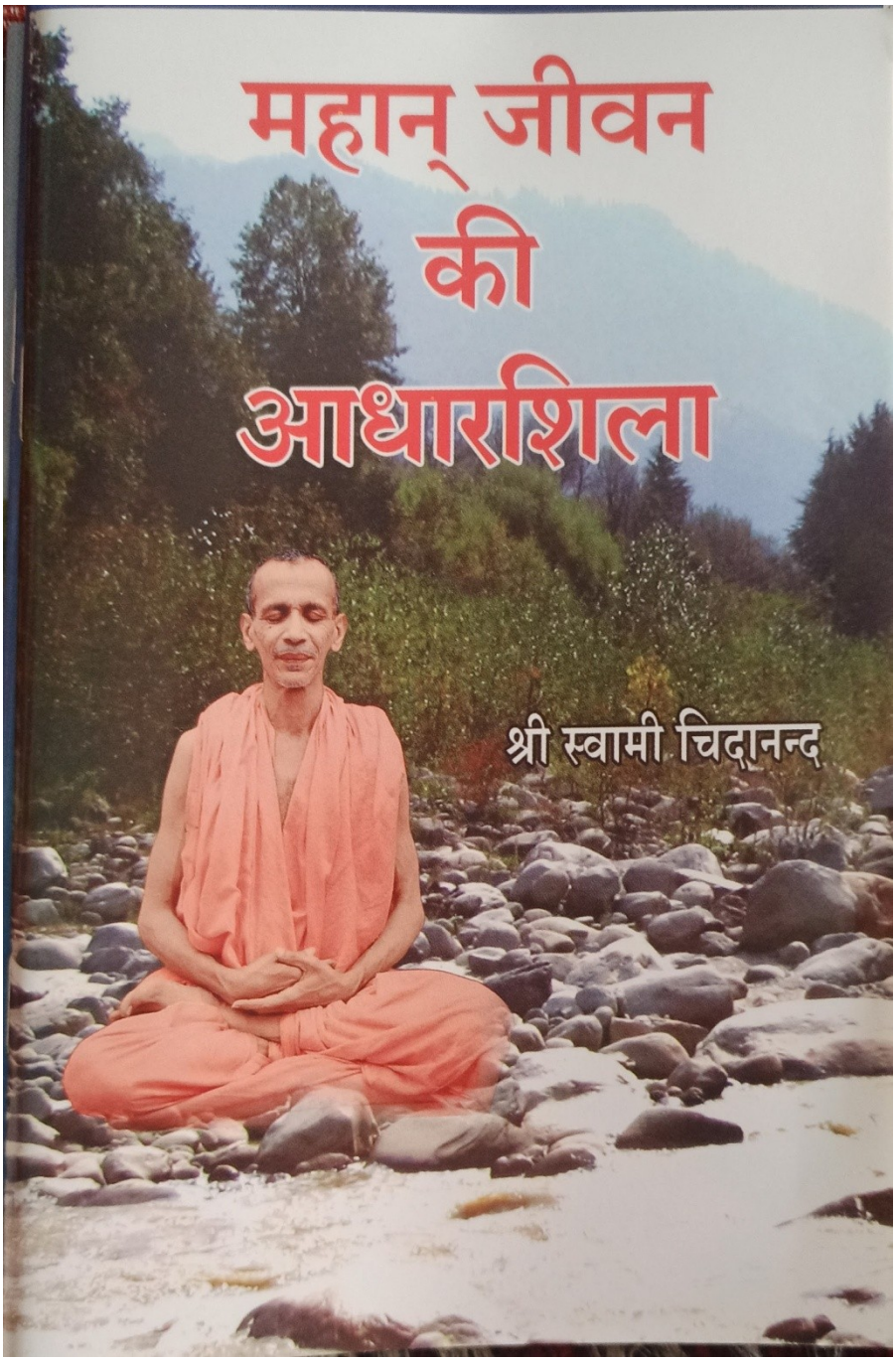
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FOREWORD

Om Namo Narayanaya
Om Namo Bhagavate Sivanandaya
Om Sri Ram Jaya Ram Jaya Jaya Ram

Worshipful Sri Swami Chidanandaji Maharaj had started the SIVANANDA MATRI SATSANGA, in Sivananda Ashram, Headquarters on 8th May 1989 Akshaya Tritiya Day. Swamiji Maharaj not only inspired, encouraged, enquired about its

activities but also gave specific instructions for Swadhyaya and blessed the Matri Satsanga by his Holy attendance frequently.

I am immensely happy about this noble deed of publication of two booklets in English and two booklets in Hindi on the occasion of the Silver Jubilee Celebration of the Sivananda Matri Satsanga this year. Each booklet contains short but elevating and inspiring 25 Articles by Sri Gurudev Swami Sivanandaji Maharaj and Sri Swami Chidanandaji Maharaj. It is respectfully offered to the womankind of today as well as tomorrow. I hope this will be found useful and beneficial to one and all. My best wishes for the success and wide circulation of these booklets.

May the Grace of the Almighty Lord shower upon the members of the Sivananda Matri Satsanga, which is active and regularly attended by the lady inmates and visitors to the Holy Ashram.

President The Divine Life Society

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